5 THINGS COMING TO HALIFAX REGIONAL COUNCIL

Council will debate how big the Halifax logo should be on signs, along with a name for the coming Dartmouth 4-Pad Arena, commuter rail and more on Tuesday.



Zane Woodford
Metro | Halifax

1 Atlantic Agricultural Fair wants $100,000

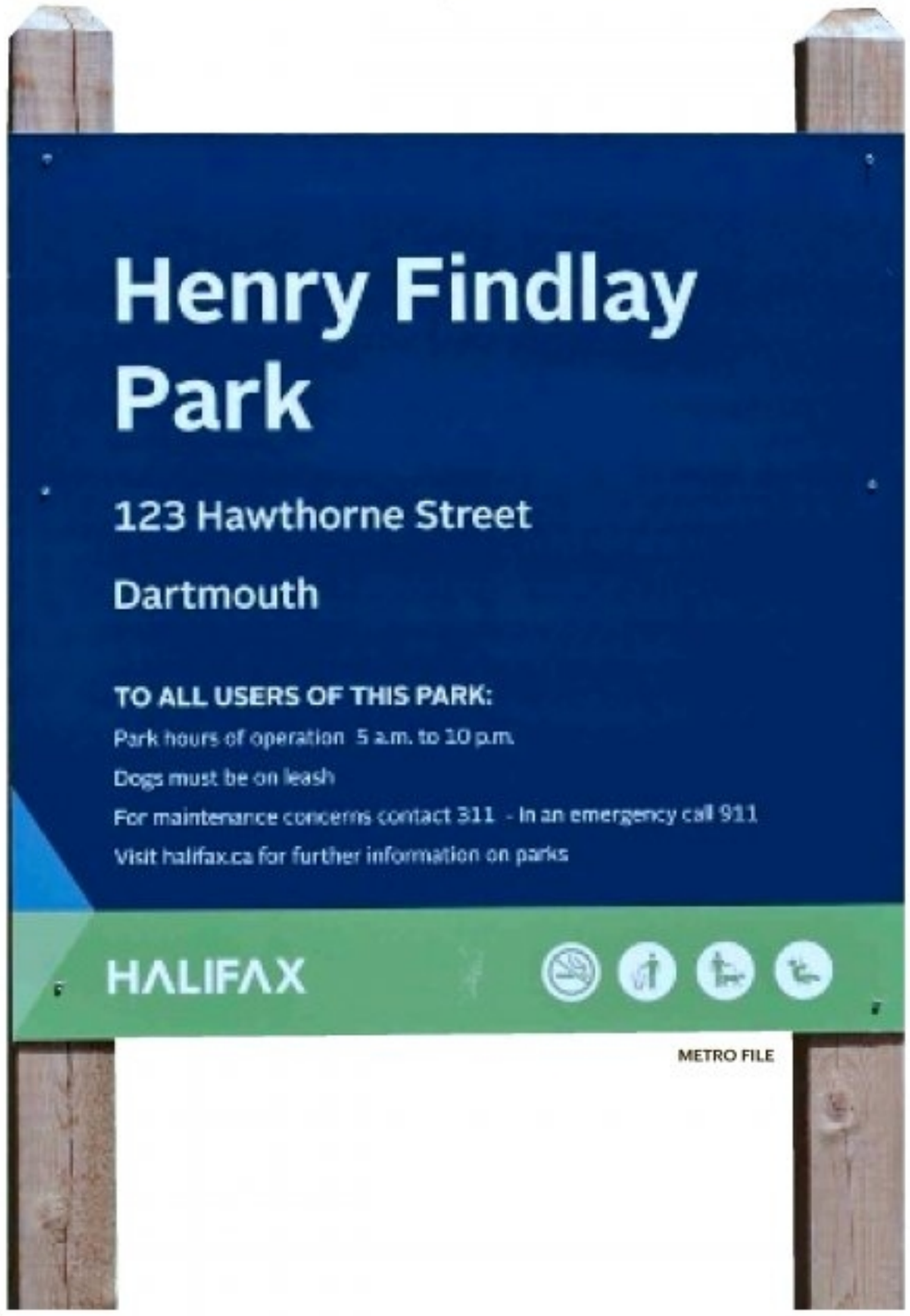
At Halifax regional council's Tuesday meeting, Deputy Mayor Matt Whitman will make a motion for a staff report on a $100,000 funding request from the Atlantic Agricultural Fair, set to take place in Halifax in October. "Canadian fairs and exhibitions are a billion dollar industry," Whitman's motion reads. "The AAF has the potential to grow the agricultural sector as well as the local food, beverage and (culinary) tourism economy for Atlantic Canada."



METRO FILE

2 Via Rail proposal back behind closed doors

Via Rail's proposal for commuter rail in Halifax regional municipality will be before all of regional council during the in camera portion of Tuesday's meeting. Council's Transportation Standing Committee recommended last month that council direct staff to further explore the unsolicited proposal from Via. Coun. Tim Outhit said after that meeting that he hopes council will direct staff to enter into negotiations with Via.



METRO FILE

3 Halifax-Dartmouth sign debate

That's the question councillors will surely have something to say about on Tuesday, when a report will be debated that recommends a smaller Halifax logo on municipal signage than the current one, which would mean "a better balance between the size and placement of community/asset names and the brand name of the region."The report was tacked on to last week's agenda as an information item, but Coun. Gloria McCluskey asked that it will be up for debate this week. McCluskey told Metro last week that the report doesn't go far enough in addressing the concerns of her residents.

4 No permanent rugby field at Graves Oakley

Staff at Halifax Regional Municipality are recommending against making a permanent rugby facility at the Graves Oakley field in Spryfield, saying that doing so would exclude other sports like soccer, football and ultimate Frisbee. The report comes after last year's 2015 Canada versus Glasgow Rugby event, which had to be held at Graves Oakley after the Wanderers Grounds in Halifax — where the event was planned to take place — were deemed unsafe for play.



CONTRIBUTED

5 Dartmouth 4-Pad Arena gets a name

The yet-to-be-built 4-Pad Arena in Dartmouth could have a name after Tuesday's meeting of Halifax regional council. Municipal staff are recommending council name the arena the "Harbour East Recreation Campus."Staff are also recommending that the municipality continue to explore selling naming rights to the facility, which could mean that the name of a bank or other corporation ends up before that name.



Halifax metro

WEDNESDAY, AUGUST 3, 2016

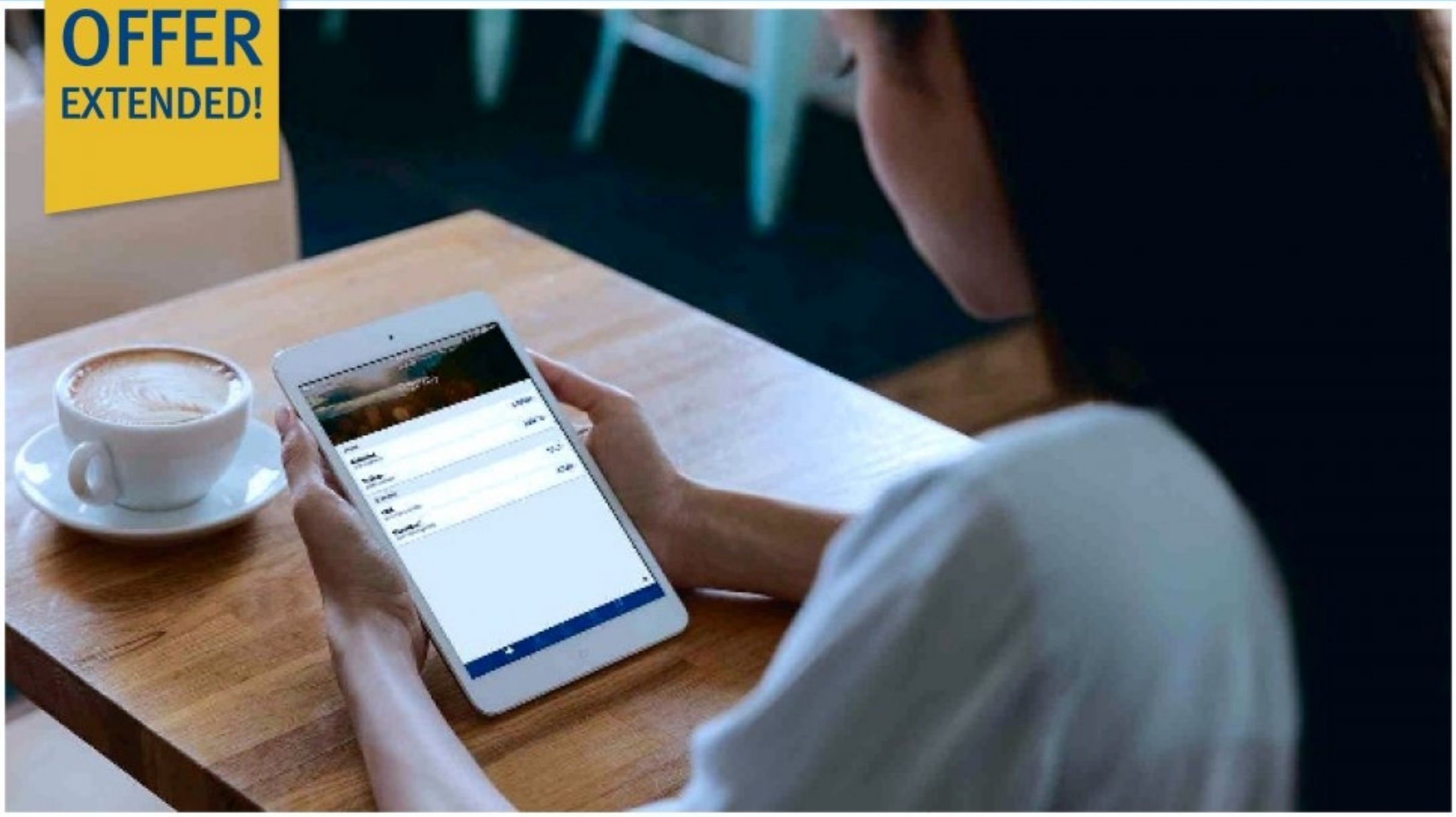
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Your essential daily news | WEDNESDAY, AUGUST 3, 2016

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THE FINAL ACT

That's a wrap for Video Difference — after 34 years as a Halifax institution

metroNEWS

Video Difference owner Tom Michael is closing his last two locations this month, on Quinpool Road and the Bedford Highway. JEFF HARPER/METRO

UNANIMOUS VOTE

Commuter rail starting to roll



Zane Woodford
Metro | Halifax

Halifax Regional Municipality is on track to commuter rail.

Halifax regional council voted unanimously Tuesday night to direct staff to begin negotiations with Via Rail for a commuter rail service between Windsor Junction and downtown Halifax.

"Staff is now allowed to go back and ask questions and negotiate and explore the unsolicited pre-proposal or expression of interest that we received regarding commuter rail," Coun. Tim Outhit said after the meeting.

Outhit believes discussions will take two months, and if an agreement can be found a service could be on the rails within a year.

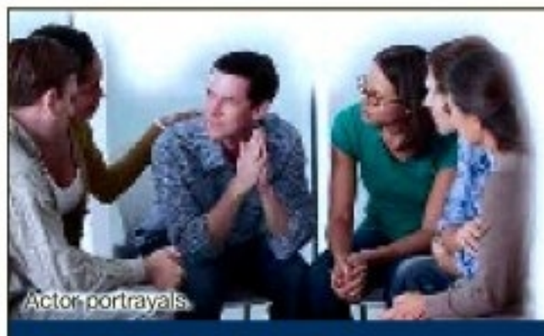
"Our gut feeling is Via is probably more ready than we are," said Coun. Barry Dalrymple after the meeting, adding that the municipality would have to build platforms and Park and Ride lots.

Outhit said the service Via has pitched would be exactly the same as the one detailed in a CPCS study last year that said commuter rail wasn't feasible in the municipality due to its cost.

"The public knows what the service is because it's public from the CPCS study," he said.

The difference this time, he said, is that Via Rail says it can make it happen for less money.

For council's vote on new tennis facility, see page 2



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'There has to come a point at which you say enough.' **World**

WEATHER

Open-air burning ban is in effect

Extremely dry conditions have led Halifax Regional Fire and Emergency Services to implement an open-air burning ban for the entire municipality.

In a news release issued Tuesday, the municipality advised residents they cannot burn at any time, anywhere, across Halifax Regional Municipality until further notice.

The ban also prohibits the use of outdoor fireplaces, including chimneys.

The municipal ban takes priority over any restrictions imposed by the provincial department of natural resources.

"While the municipality can never assert a level of restriction lower than what the province has declared, the fire service has the ability to be more restrictive than the province if it's warranted," the media release stated.

"In this case Halifax Regional Fire & Emergency feels a more restrictive level is warranted for outdoor burning in the municipality."

Residents are permitted to use natural gas or propane fire pits when a burn ban is in place.

The municipality will notify the public when the municipal open-air burning ban is lifted.

METRO

Nova Scotia's tennis centre moving forward

ATHLETICS

Council voted to spend $2.5M on new facility



Zane Woodford
Metro | Halifax

Another game for Milos!

Halifax Regional Municipality voted Tuesday to spend $2.5 million on a bigger and better tennis facility on the Bedford Common.

But before it did, council spent more than an hour debating the merit of funding sports like tennis, and whether tennis is, in fact, an "elite" sport.

The Daniel Nestor Tennis Centre currently sits on the site at 50 Verdi Drive, and with the help of the municipal and provincial governments (and potentially, but likely not, the federal government), Tennis Canada will turn that private club into the Nova Scotia Regional Tennis Centre.

The rest of the $7.5 million needed will come from the sale of naming rights to the facility, private donations, and corporate sponsorships.

In return for its funding, Halifax Regional Municipality will be provided with "low or no-cost access for municipal programming."

Coun. Tony Mancini noted that the popularity of tennis has exploded in recent years with the success of athletes like Milos Raonic and Eugenie Bouchard. But he also noted those two come from wealthy families.

"The problem is, when we look at the under-served people, they look at a sport like tennis as being for the elite," Mancini said.

He went on to say that officials at Tennis Canada have told him this facility is for everyone, but also voiced concerns about transporting people to the facility.

Mancini's "elite" comment then brought on a chorus of councillors arguing tennis is not an elite sport.

"Tennis might've been considered elite at one time, but so was golf," Coun. Gloria McCluskey said.

"Hockey is an elite support if you want to start talking that way," Coun. Steve Adams said, adding that the facility could make tennis more accessible.

Despite the debate, the recommendation passed unanimously.

Construction is expected to be completed towards the end of 2018.



ROADS MESSY SITUATION Workers examine a garbage truck that tipped on its side near the corner of Bayers Road and Connaught Avenue in Halifax on Tuesday. The single-vehicle incident happened just after 9 a.m. and closed traffic in several directions while the truck was cleaned up. No injuries were reported, police said.
JEFF HARPER/METRO

MUNICIPAL ELECTIONS

Before you vote, check your info

With the municipal election approaching, Halifax Regional Municipality is encouraging eligible voters to check and verify their voting information is accurate.

Your information can be checked at votersearch.halifax.ca/hrm/onvoterslist.html.

If you aren't on the list or your information has changed, HRM asks you to contact the voter help line at 902-490-VOTE (8683) or 1-844-301-VOTE (8683) as soon as possible to ensure you're listed correctly to vote in the Oct. 15 municipal, Halifax Regional School Board and CSAP elections.

Revisions to the list can be made until 5 p.m. on Wednesday, Oct. 5.

The voter help line is open from now until election day, Oct. 15. Assistance is available from Monday to Friday, 8:30 a.m. to 4:30 p.m.

For full election details, including information about e-voting and advance polls, visit halifax.ca/election. METRO

DARTMOUTH

Police investigate property damage

Police are investigating a string of property damage caused by a pellet gun in Dartmouth.

On Tuesday morning, Halifax Regional Police said in a news release they received four separate reports of property damage.

Three were from the 0-200 block of Albro Lake Road, and one happened on Crystal Drive.

In two of the incidents, police said car windows were broken, and in the others the front entry doors of the apartment building were damaged.

All of the incidents are believed to have happened overnight, and the damage was likely caused by a pellet gun.

Police believe the incidents may be connected and are asking anyone with information to call 902-490-5016, or to send an anonymous tip to Crime Stoppers.

METRO

CRIME

Teen charged after drugs, gun found

A teenage boy is facing drugs and weapons charges following an arrest in Dartmouth on Monday.

In a news release, Halifax Regional Police said they were patrolling the Natal Day events on Prince Albert Road around 6:55 p.m. when officers noticed a male drinking alcohol in a wooded area between Prince Albert Road and Sinclair Street.

Officers arrested the teenager without incident, and upon searching him and his backpack, they located a quantity of marijuana, money, a hand gun, ammunition and a knife.

The 16-year-old from Dartmouth was held in police custody overnight. He has been charged with one count of possession for the purpose of trafficking and numerous weapons-related offences.

He was scheduled to appear in Halifax provincial youth court on Tuesday.

METRO

It's curtains after 34 years

RETAIL BUSINESS

Iconic video rental store shutting doors after decline



Yvette d'Entremont
Metro | Halifax

The owner of an iconic video rental store that has graced the Halifax landscape for 34 years says it's time for the final act.

On Tuesday, Video Difference owner Tom Michael announced it's curtains for the business.

"Sales have been declining for the last few years, primarily due to online delivery and cable, and overarching it is that customers' tastes have changed," Michael said on Tuesday, surrounded by floor to ceiling shelves filled with movies.

"They're not so much feature length films they're watching; they're more going into TV series and TV series lend themselves well to cable and online."

Michael said he will miss the customers, staff and the relationships that have been forged over the past three decades.

He opened his first Video Difference store on Quinpool Road in 1982, followed by the Bedford Highway location in 1987.

"At our peak, we had 35 plus employees and we're down to about eight to 10," Michael said. "We're reaching out to the community (to help find jobs) for some of our long-time staff members."

"What we're known for is our service and we're hoping that will translate well to another industry."



Longtime Video Difference employee Paul Boisjoli has been working at the Quinpool Road location for 18 years. JEFF HARPER/METRO

One of those longtime employees, Paul Boisjoli, has worked at Video Difference for 18 years.

He said on Tuesday comments being left on the store's Facebook page from former customers and employees learning about the impending closure reflect the store's iconic status.

"People are saying they understand, but it's an icon. Video Difference is a part of the community in Halifax," he said.

"What I'm seeing on Facebook is people living as far away as Toronto, Montreal and even into the States having fond memories of being here when they were in university. So there (are) a lot of tentacles there and they reach out."

REACTION ON SOCIAL MEDIA

- It really is a ritual that just doesn't compare to Netflix or any other online rental thing. I will miss you, I will miss seeing that amazing neon sign SO MUCH. — BRYANNA CHAPESKIE
- So, so many of my best film memories are shaped by your store. Thank you, 34 years over. — JOSH MACDONALD
- Now I understand how people felt when their record stores closed. — ANDREW MACPHEE

Movies and box sets will be available to rent until Aug. 15, with all rentals due back by Aug. 18.

The liquidation sale begins Aug. 20. Michael said the inventory amounts to more than 80,000 titles between both stores, and he expects to wrap everything up over a seven-week period.

During the liquidation sale, eight non-perishable items for the food bank will get you $5 credit towards any purchase.

"So the liquidation sale begins on the 20th and that's the final act in the video business," Michael said.

CAPE BRETON

Bones could be human

Nova Scotia police say they are investigating the discovery of suspected human bones near a Cape Breton cemetery.

Investigators say they were called to an area near the gravesites at Stella Maris Parish in Louisbourg on Sunday.

They say the bones were seized on Monday and taken to the medical examiner's office to be analyzed by an anthropologist.

A news release from police says other "material" suggestive of being from an old gravesite was also seized.

THE CANADIAN PRESS

CATCH LIMITS

Small fish in big trouble

A new WWF-Canada report says Canadian forage fish are in trouble and more needs to be done to protect the small marine species.

The conservation group says the report looked at 27 fisheries and found that three fisheries in Atlantic Canada are in critical condition, including two herring stocks in the Gulf of St. Lawrence.

The report also said the status of stocks was unknown in 75 per cent of the fisheries, including all capelin fisheries and all the fisheries in British Columbia. It says in all cases, fisheries management does not sufficiently account for predator needs.

THE CANADIAN PRESS

MISSING BRAIN

Dropped murder case sparks review

Nova Scotia's Chief Medical Examiner has been called in to review the office of his Newfoundland and Labrador counterpart after a murder case fell apart when the young victim's brain was lost.

Dr. Matthew Bowes will look at what happened in the case of a Labrador father charged in the death of his four-month-old son, Matthew Rich.

Newfoundland and Labrador's justice minister says Bowes will also look at how the province's Office of the Chief Medical Examiner is run, including its management, standards and policies.

Bowes, who is being asked to make recommendations for improving the office, is expected to take several months on his review, for which $100,000 is budgeted.

Thomas Michel was charged with second-degree murder in November 2013 following the death of his son.

Prosecutors withdrew the charge last December, saying the baby's brain could not be found.

THE CANADIAN PRESS

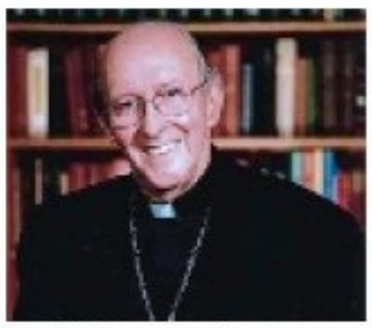
RELIGION

Retired Halifax bishop dies

A retired Roman Catholic bishop who promoted Christian unity and interreligious dialogue after attending the 1965 Second Vatican Council has died at a Halifax hospital.

Archbishop emeritus James Hayes, the retired archbishop of Halifax, died at the age of 92 after entering a hospital where he'd often visited ailing and dying parishioners.

Theologians and church leaders say the former archbishop was among the most influential in Nova Scotia over the past four decades, helping break down longstanding barriers that once discouraged Christians from even entering churches outside their own denominations.



Archbishop emeritus James Hayes. COURTESY ARCHDIOCESE OF HALIFAX-YARMOUTH/ CANADIAN PRESS

After participating in the Second Vatican Council, which ushered in an era of change in Roman Catholic practice, Hayes returned to lead the diocese from 1967 to 1990.

He was among the founders of the Atlantic School of Theology in Halifax, a rare example of a theological university where Roman Catholics routinely study alongside students from protestant denominations.

David Deane, a Roman Catholic professor at the school, says Hayes was first and foremost a bedside chaplain, who as bishop often visited the sick and dying at the palliative care unit at the Queen Elizabeth II Health Sciences Centre.

THE CANADIAN PRESS

COUNCIL

Yet-to-be-built four-pad campus gets a name

The area housing a new four-pad arena in Burnside will bear the name "Dartmouth Harbour East Recreation Campus" when it opens next fall.

At its meeting held on Tuesday, Halifax regional council voted down the name "Harbour East Recreation Campus," and added Dartmouth to the name.

It also directed staff to sell off naming rights for the four-pad building itself, so the campus on Commodore Drive will have one name, and the building another.

ZANE WOODFORD/METRO

Reshaping immigration

GOVERNMENT

Experts say federal report must address four key gaps

Having inherited an immigration system plagued with backlogs and heavy-handed enforcement, the Liberal government says it's keen to hear what you think needs to be done about Canada's immigration future.

Since the beginning of the summer, Immigration Minister John McCallum and his parliamentary secretary, Arif Virani, have held more than two dozen roundtable meetings across Canada with settlement services organizations, businesses and community groups.

While the final report won't be ready until the fall, Torstar News Services interviewed a group of immigration experts to weigh in on the national dialogue by identifying gaps in the system and offering solutions.



Jasmyne Bowen waves her Canadian flag while sitting on her cousin's lap during the citizenship ceremony for 37 new Canadians in Guelph in July 2013. TONY SAXON/TORSTAR NEWS SERVICE

Meaningful and accessible citizenship

Andrew Griffith, a former director general at the immigration department, said Canada largely has its immigration policies and programs right, but an independent review by a royal commission would be helpful.

Griffith said Ottawa must set targets for naturalization as a benchmark, to assess whether its policies strike the right balance in making citizenship accessible and meaningful.

Family reunification key to immigrants' success:

Debbie Douglas, of the Ontario Council of Agencies Serving Immigrants, said Canada's immigration program should be guided by the principle of nation-building. And the best way to support newcomers is to support family reunification through faster processing.

"We believe family reunification should be increased to 40 per cent of total immigration numbers," she said.

"Canada should also prioritize refugee family reunification and invest the needed resources to reduce processing delays in refugee family sponsorship."

Foreign workers, migrants need access to permanent residence:

Harald Bauder, director of Ryerson University's graduate program in immigration and settlement studies, said the success of Canada's annual intake of immigrants depends on the government's willingness to fund the settlement sector.

With proper resources, he said, Canada could welcome far beyond 1 per cent of its population annually.

The 1 per cent solution for growth and prosperity:

The Conference Board of Canada said immigration is the backbone of the country's population growth and Canada could admit up to 1 per cent of its population in immigrants each year, for its economic prosperity.

"To go beyond the 1 per cent annual level of immigration, Canada would need to rethink its allocation of resources and strategic plans for helping to spread settlement across the country and outside of major cities," the board said in a response prepared by vice-president Michael Bloom and research associate Kareem El-Assal. THE CANADIAN PRESS

IN BRIEF

Agency urges caution as Zika hits U.S. mainland

The Public Health Agency is telling pregnant Canadian women who visited the Miami area in Florida on or after June 15 to take precautions against the Zika virus.

The warning comes after U.S. health officials said mosquitoes have apparently started spreading Zika on the U.S. mainland. THE CANADIAN PRESS

Ontario NDPer drops out of federal leadership race

Ontario New Democrat Cheri DiNovo is pulling out of the federal NDP's leadership race because of health reasons.

DiNovo, a member of the Ontario legislature, issued a statement saying she suffered what doctors believe were two small strokes in recent weeks, which she called "a terrifying ordeal."

The veteran NDPer says she needs to spend the next month or so focusing on her health so she'll be able to return to the Ontario legislature for the fall sitting. THE CANADIAN PRESS

U.S. ELECTION

Trump 'unfit' to be president: Obama

In a searing denouncement, President Barack Obama castigated Donald Trump as "unfit" and "woefully unprepared" to serve in the White House. He challenged Republicans to withdraw their support for their party's nominee, declaring, "There has to come a point at which you say enough."

While Obama has long been critical of Trump, his blistering condemnation Tuesday was a notable escalation of his involvement in the presidential race.

Obama questioned whether Trump would "observe basic decency" as president, argued he lacks elementary knowledge about domestic and international affairs and condemned his disparagement of an American Muslim couple whose son was killed while serving the U.S. Army in Iraq.

A chorus of Republicans has disavowed Trump's criticism of Khizr and Ghazala Khan and the Republican nominee's calls to temporarily ban Muslims from coming to the U.S. But Obama argued that isn't enough.

"If you are repeatedly having to say, in very strong terms, that what he has said is unacceptable, why are you still endorsing him?'" Obama asked during a White House news conference. "What does this say about your party that this is your standard-bearer?"



U.S. President Barack Obama speaks about Donald Trump at a press conference Tuesday. SAUL LOEB/AFP/GETTY IMAGES

No prominent Republican lawmaker responded to Obama's challenge.

Sen. Mark Kirk, who is facing a tough re-election fight in Illinois, rescinded his endorsement of Trump in June after the GOP nominee criticized an American-born judge's Mexican heritage. Others, including Senate Majority Leader Mitch McConnell and House Speaker Paul Ryan, have broken with the nominee on individual issues but continue to back his candidacy.

Instead, it was Trump stunningly withholding his support from top GOP lawmakers, including House Speaker Paul Ryan.

Democratic nominee Hillary Clinton sees GOP concerns about Trump as an opportunity to reach out to party moderates — particularly women — who may be so upset by the nominee that they're willing to look past policy differences and questions about Clinton's character.

Ahead of Obama's remarks Tuesday, GOP Rep. Richard Hanna of New York said he would be voting for Clinton. Hanna, who is retiring from Congress, had previously said he couldn't back Trump. Writing in the Syracuse Post-Standard, Hanna said that while he disagrees with Clinton on many issues,

"I trust she can lead."

THE ASSOCIATED PRESS

TRADE DEAL

Obama says he plans to save the 12-country Trans-Pacific Partnership trade deal during the two-month post-election period known as the lame-duck session, when the outgoing administration and lawmakers briefly remain in office.

The deal essentially dies without U.S. ratification. To enter into force, the agreement needs to be approved by the lawmaking bodies of at least 85 per cent of the TPP region's total economy — a mathematically impossible task without the U.S. THE ASSOCIATED PRESS

REPUBLICANS

Nominee refuses to endorse key figures

As Republican loyalists continue to flee, Donald Trump ignited new party tensions Tuesday by refusing to endorse House Speaker Paul Ryan or a pair of senators seeking re-election, a remarkable display of party division just three months before Election Day.

The Republican presidential nominee told The Washington Post he's "just not quite there yet," when asked about an endorsement of Ryan, who faces a primary election next week. In doing so, he echoed the House speaker's comments of almost three months earlier, when the Wisconsin congressman was initially reluctant to embrace Trump as his party's standard bearer.

Also Tuesday, the woman who helped shape New Jersey Gov. Chris Christie's national image declared that she's voting for Clinton.

"As someone who has worked to further the Republican Party's principles for the last 15 years, I believe that we are at a moment where silence isn't an option," former Christie senior aide Maria Comella told CNN.



Paul Ryan
ASSOCIATED PRESS

They join dozens of high-profile GOP leaders who have previously said they would not vote for Trump, including the party's 2012 nominee, Mitt Romney, and former Florida Gov. Jeb Bush.

A day earlier, Sally Bradshaw, an architect of the Republican National Committee's 2013 Growth and Opportunity report, said she's leaving the GOP. Her decision to leave the party rocked those who make politics their profession.

"Trump has moved in exactly the opposite direction from our recommendations on how to make the party more inclusive," said Ari Fleischer, who worked with Bradshaw and was a senior adviser to President George W. Bush.

THE ASSOCIATED PRESS

> "We are at a moment where silence isn't an option."
> Maria Comella

Earth feeling the heat

CLIMATE

Report says 2015 was the hottest year on record

Earth's fever got worse last year, breaking dozens of climate records, scientists said in a massive report nicknamed the annual physical for the planet.

Soon after 2015 ended, it was proclaimed the hottest on record. The new report shows the broad extent of other records and near-records on the planet's climatic health. Those include record heat energy absorbed by the oceans and lowest groundwater storage levels globally, according to Tuesday's report from the National Oceanic and Atmospheric Administration.

"I think the time to call the doctor was years ago," NOAA climate monitoring chief Deke Arndt, co-editor of the report, said in an email. "We are awash in multiple symptoms."

The 2015 State of the Climate report examined 50 different aspects of climate , including dramatic melting of Arctic sea ice and glaciers worldwide. A dozen different nations set hottest year records, including Russia and China. South Africa had the hottest temperature ever recorded in the month of October: 119.1 degrees Fahrenheit (48.4 degrees Celsius).

Even though it was a relatively quiet hurricane year in the Atlantic, there were 36 major tropical cyclones worldwide — 15 more than average, said NOAA climate scientist Jessica Blunden, co-editor of the report published Tuesday in the Bulletin of the American Meteorological Society.

THE ASSOCIATED PRESS



Children play as they cool down in a fountain beside the Manzanares river in Madrid last year — a year that saw dozens of climate records broken. ANDRES KUDACKI/THE ASSOCIATED PRESS FILE

TURKEY

Erdogan blames West for attempted coup

Turkish President Recep Tayyip Erdogan once more blasted unnamed Western countries Tuesday for what he said was support for the attempted coup on July 15 that left more than 270 people dead.

"The West is supporting terrorism and taking sides with coups," Erdogan said, adding that forces unhappy with Turkey's rise as a regional power were behind the coup.

Erdogan also repeated a complaint that no foreign leader had visited Turkey after the failed coup, while France and Belgium received visits in solidarity after terror attacks there.

"Those we considered friends are siding with coup-plotters and terrorists," the president said.

When it was allied with Erdogan's government in the past, the Gulen movement was believed to have been behind a series of crackdowns on pro-secular figures as well as military officers accused at the time of plotting a coup. Hundreds were jailed after trials in which evidence was later found to have been fabricated. Many convictions have been overturned. THE ASSOCIATED PRESS

IN BRIEF

Heavy monsoon rains batter India

The death toll in flooding from heavy monsoon rains in India has climbed past 90, with about a million people taking shelter in government-run relief camps, officials said Tuesday.

Incessant downpours have damaged swaths of land, uprooted trees and snapped telephone cables in dozens of districts in the states of Bihar in the east, Assam in the remote northeast and Himachal Pradesh in the north.

A total of 96 people have been killed in the flooding in the three states over the past week, according to state officials. THE ASSOCIATED PRESS

ITALY

Knox accomplice seeks new trial

Lawyers for a man from the Ivory Coast who is serving 16 years in an Italian prison for the 2007 murder of a British student are seeking a new trial.

Rudy Hermann Guede was convicted of the slaying of Meredith Kercher in Perugia, Italy, where she was sharing an apartment with U.S. student Amanda Knox. Guede has denied killing Kercher.

Italian media said the lawyers filed the request Tuesday, contending their client is innocent. They also noted Knox and Raffaele Sollecito, who steadfastly proclaimed innocence, were definitely acquitted last year by Italy's highest criminal court.

Guede's conviction ruled he committed homicide "acting with others," but he's the only one to be definitively convicted of the slaying.

THE ASSOCIATED PRESS





metro VIEWS
Your essential daily news
Wednesday, August 3, 2016

ROSEMARY WESTWOOD
ON A CYCLE OF FEAR

We are not engulfed in anti-immigrant sentiment but we still hear the old chestnuts ('Go back where you came from!') delivered with an urgency that belies how familiar the process of welcoming newcomers really is.



Anti-immigration calls enveloping the U.S. election and destabilizing politics in Europe contain a common urgency.

Common, but deceptive. The urgency is actually old and recycled. It's contained in anti-immigration calls over centuries, addressed in a Shakespeare monologue that calls for an angry mob to put itself in the foreigner's shoes, exemplified by discrimination and hatred shown to Irish, Italians and Polish in North America in decades past. The urgency is apocalyptic. It signals a swift-stalking doom. It promises the end is pretty much already nigh, the fears already realized.

And it was the tenor of public sentiment here, fifty years ago, when Matilda, an Armenian from Aleppo, Syria, arrived in Canada.

"Back then it was nothing to say, 'Go back where you came from,'" she said, sitting in a chair in the centre of the corner shop she runs in Toronto's Little Italy, an odds-and-ends buffet of household items supplied entirely by her not large, but largely hoarding family ("One even keeps gum wrappers!").

There are teacups, silverware, running shoes and a floral kimono (which brought me in), a vintage Madonna magazine, art prints, and the sense that anything might be unearthed. But Matilda herself is far more interesting. She sat near a fan ("I hate the heat") and I found myself sitting in the chair beside her, which I now imagine she keeps for visitors, expected or otherwise.

"Do you know what a DP is?" she asked, then answered: "Displaced person."

When Matilda and her husband arrived in Toronto, they rented an apartment while her husband, who had already studied to become a pharmacist in Rome, went back to school to earn Canadian credentials while working night shifts at a hospital pharmacy.

"You DP's," their neighbour told them one day, repeating a phrase echoed through history: "You come here and take all the jobs."



A CANADIAN TRADITION Former Conservative immigration minister Jason Kenney is seen in 2010 at a press conference where he announced an increase in Canada's refugee quotas. CP FILE

For forty years, Matilda's husband ran a pharmacy in this shop, and the pink neon "pharmacy" sign still glows over a clothing rack. He died suddenly one day at work eight years ago, and no one wanted to buy the little pharmacy, she said. So, two months later, Matilda opened the reimagined shop.

She thinks Toronto has changed immensely since they arrived, grown in diversity and diminished in discrimination. And yet, last year, during the height of the niqab debate, a Conservative MP was chastised for telling Muslim women to "stay the hell where you came from" if they seek to cover their face during citizenship ceremonies.

That same old chestnut.

Which is not to say we are also engulfed, like U.S., or the U.K., or Europe generally, in anti-immigrant sentiment. Eight in 10 Canadians think immigration is good for the economy, and more than half disagree with the statement that immigration levels are too high, according to an Environics Institute survey from 2015. Even our right-wing politicians are believers. When Jason Kenney, a former immigration minister, announced his campaign to unite and lead Alberta's right-wing parties, he played up immigrants' positive impacts on this country. His former colleague, MP Michelle Rempel, has been hammering away at the Liberal government for not fast-tracking Yazidi refugees from Iraq.

But Canada has something that others do not: control. It's difficult to travel to this country, bordered as it is on three sides by forbidding oceans and on the fourth side by the U.S.

Immigrants brought here, under a fairly well-functioning program, are often highly skilled and carrying job offers (a priority for the Conservatives). Essentially, they're invited. In the U.S., the U.K. and other nations, immigrants are those who arrive of their own accord.

Our buffers make our welcoming posture easier to achieve, warns Jeffrey Reitz, director of Ethnic, Immigration and Pluralism studies at the Munk School for Global Affairs. And studies have not conclusively shown that we're any better than the U.S. at integrating immigrants when they do arrive, he added.

As for the desperation with which anti-immigrant sentiment is flung, it's historically unnecessary.

"In every wave of immigration, people raise the alarm that society is being destroyed and in no case that I can think of has it come to pass," Reitz said.

A recent case in point: "In the '70s and early '80s, there was a big debate in Toronto about the fact Toronto was no longer, because of immigration, a majority British city."

And then?

"All the people that used to be in 'them' in the '70s and '80s, they then became 'us.'"

A more recent case in point: As I was talking with Matilda, a homeless man in a long trench and non-matching sneakers sans laces walked in.

"Here comes my boyfriend," she said.

"Candy?" the man asked.

"Yes, I have candy for you," she said. "One minute."

The man pulled up his pant legs to reveal bare ankles. "And socks."

"Yes, I have socks for you."

She turned back to me to deliver the punchline of the joke she was telling. "The third man says, 'I wrote him a cheque!'"

Then she laughed and then she moved off to retrieve her boyfriend's requests. One of us and, surely, one of the better.

Where immigration is concerned, Canada has something that others do not: control

'The Brazilian Way' of getting the job done

Kira Proctor

With only days to go before the opening ceremonies, there are growing concerns over whether Rio de Janeiro is prepared to host the Olympics.

Amid the published concerns, there are plenty of good reasons for doubt: a government in political turmoil, a state that is bankrupt, the potential threat of the Zika virus, unfinished stadiums void of workers or progress, similarly unfinished metro links, contaminated water in the harbour, and numerous reports of human rights violations, which include everything from forced evictions to police brutality.

The consensus in the media is clear: Rio is a disaster. Outside of the country, this news carries an element of shock. How could they let it get so bad? When I speak to friends in Brazil, my questions are met with tired shrugs and a quippy "What did you expect?" With a smirk that seems to combine celebration and cynicism, they add, "It's the Brazilian way."

Is there such a thing? Brazilians seem to think so. It even has a name: *jeitinho*. According to Brazilian anthropologist Lívia Barbosa, there is no English translation for the expression *dar un jeitinho*. She says, "'To pull a string' or 'to cut through the red tape' are the most similar idiomatic expressions I can find."

The *jeitinho* suggests a circumventing of official channels, along with a certain resourcefulness and creativity in getting what you need. Flirting with a bank teller to speed up a money order, slipping through a club's side door with the help of a bouncer, getting a co-worker to cover for you when you duck out early.

Most cultures employ analogous methods of pulling strings or helping each other out, so what makes the *jeitinho* unique? It seems to occur on an almost instinctual level for most Brazilians; it may be their first course of action, before even trying official channels. It is a favour asked for and given without the expectation of being repaid in anything but friendliness. There is no debt. It is a human practice — sympathetic, kind, helpful, and a great equalizing force in a society plagued by inequalities.

A similar bending of the rules goes on at the highest levels of government but sadly performs the opposite function. We're seeing it right now in the leadup to the Olympics. Take the wall erected along the highway from the airport to the touristy areas of the Zona Sul. Sold to locals as a sound barrier, it's obviously an attempt to block out some of Rio's most impoverished communities. It turns transparent any time there is something positive to look at — a newly built school, for instance.

"The Olympics pretext is awesome," Rio's mayor joked in 2012. "I need to use it as an excuse for everything. … Now all that I need to do, I will do for the Olympics. Some things could be really related to the Games, others have nothing to do with them." Was anyone laughing then? Are they now?

The *jeitinho* is Brazil at its best and worst. Whether Rio succeeds or fails in pulling off these Olympics, it will be ~~largely because of the *jeitinho*.~~

Kira Proctor is a writer who spent three years living in Brazil, studying Portuguese, capoeira and Afro-Brazilian dance and culture.

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Your essential daily news

Starbucks recalls stainless-steel straws after reports of children suffering "mouth lacerations"

What's next for the kids?

This summer's hit show Stranger Things rides a Steven Spielberg-Rob Reiner vibe with its use of a solid young cast and early 1980s timeline to tell an engrossing sci-fi (with a side of horror) tale. It's only been on Netflix for about a month, but the pre-teen stars appear poised for bigger things. We check in on what's next. TORSTAR NEWS SERVICE

NOAH SCHNAPP

He plays Will Byers, the vanished boy who sets the story in motion. Before the show, the 11-year-old actor voiced Charlie Brown in The Peanuts Movie and played Tom Hanks' son in Steven Spielberg's Bridge of Spies. He'll be seen next as Otis, a "nine-year-old crossword fanatic" in family drama We Only Know So Much, alongside Jeanne Tripplehorn, Damian Young and Loudon Wainwright III. It's due out next year.



FINN WOLFHARD

The Vancouver-born 13-year-old plays Mike Wheeler, leader of the group of guys at the heart of Stranger Things. And this is not the only horror-tinged project on his plate. There's plenty more spooky stuff going on for Wolfhard, who is now in Toronto shooting Andres Muschietti's two-part remake of It. He plays one of the seven kids in the Losers Club, Richie Tozier.

CALEB MCLAUGHLIN

Now playing likable Lucas Sinclair on Stranger Things, McLaughlin isn't ready to leave the '80s behind. He'll be seen next in New Edition: The Movie. The three-night miniseries to air on BET tells the story of the 1980s boy band, with McLaughlin playing the young Ricky Bell. Elijah Kelley takes over the role as the singer grows up.

GATEN MATARAZZO

The young actor described his character Dustin Henderson as "a gregarious, foul-mouthed 12-year-old boy" in an interview with IndieWire. His speech impediment is natural, so is his adorable smile. This is only his second TV role, but Matarazzo is no performing newcomer. When he's not on the Stranger Things set, he's busy playing Gavroche in musical Les Misérables.

MILLIE BROWN

Playing Eleven, the mysterious girl with the shorn hair, fixed stare and psychokinetic skills, is the breakout role for the 12-year-old Spanish-born Brit. She's done a few TV guest spots, including Grey's Anatomy and Modern Family, and played young Alice in series Once Upon a Time in Wonderland. What's next could include a musical. Brown's YouTube site has her doing emotional renditions of songs by Amy Winehouse, Adele and John Lennon.

COURTESY NETFLIX







ROSE REISMAN THE SAVVY EATER

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Sugar 57g



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Fat 23g
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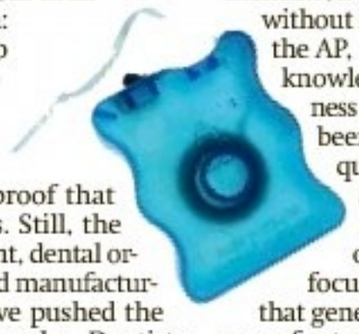


Equivalent two 2L bottles of Coke in sugar

The hot temperatures have us running to these sweet soft serve desserts that we believe are lighter than regular ice cream, since they are made with milk not cream. Once you add all the mixes that are in the famous Blizzards, you have more calories, fat and sugar than an entire meal! You can still have your dessert by picking a not-so indulgent option. The classic Hot Fudge Sundae is a better substitute. You'll get your sweet fix and a cool down, but save half the calories, fat and sugar.

U.S. RESEARCH

Medical benefits of flossing not proven



It's one of the most universal recommendations in all of public health: Floss daily to prevent gum disease and cavities.

Except there's little proof that flossing works. Still, the U.S. government, dental organizations and manufacturers of floss have pushed the practice for decades. Dentists provide samples to their patients; the American Dental Association insists on its website that, "Flossing is an essential part of taking care of your teeth and gums."

The U.S. federal government has recommended flossing since 1979, first in a surgeon general's report and later in the Dietary Guidelines for Americans issued every five years. The guidelines must be based on scientific evidence, under the law. Last year, the Associated Press asked the departments of Health and Human Services and Agriculture for their evidence, and followed up with written requests under the Freedom of Information Act.

When the federal government issued its latest dietary guidelines this year, the flossing recommendation had been removed, without notice. In a letter to the AP, the government acknowledged the effectiveness of flossing had never been researched, as required. The AP looked at the most rigorous research conducted over the past decade, focusing on 25 studies that generally compared the use of a toothbrush with the combination of toothbrushes and floss. The findings? The evidence for flossing is "weak, very unreliable," of "very low" quality, and carries "a moderate to large potential for bias."

"The majority of available studies fail to demonstrate that flossing is generally effective in plaque removal," said one review conducted last year.

National Institutes of Health dentist Tim Iafolla acknowledged that if the highest standards of science were applied in keeping with the flossing reviews of the past decade, "then it would be appropriate to drop the floss guidelines." Regardless, he added, people should still floss.

THE ASSOCIATED PRESS

LIQUID ASSETS

An ale for summer

With their often palate-pounding maltiness and penchant for high levels of bitter hops most ales don't match well with the lazy, hazy, crazy days of summer.

Belgium, a country that treats beer with the same reverence its European counterparts give to wine, has a liquid answer for everything, and when it comes to warm weather drinking its population turns to white beer. The original is Hoegaarden (6x330ml, $14.25-$15.49), a cloudy wonder made with wheat and infused with coriander and orange peel. It's the inspiration behind dozens of wheat-based brews including Molson Coors' Belgian Moon (473ml, $2.45-$3.69).

Belgian Moon is a thirst-quenching refresher that sees its citrusy flavour profile elevated a few floors when served on a hot day with a slice of orange as a garnish.

PETER ROCKWELL/ METRO



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Alfa Romeo 4C not likely to last past 2020

Brought to you by the letter C

ALL PHOTOS LEE BAILIE



REVIEW

Collab? Compact? Crossover? Cool.



Sami Haj-Assaad
AutoGuide.com

Today's review of the Infiniti QX30 is brought to you by the letter C. C, as in collaboration, compact and crossover — all words that apply directly to this all-new vehicle from the Japanese automaker.

See, this new vehicle from Nissan's luxury arm was developed with some help from a German rival: Daimler, the folks behind Mercedes-Benz.

In fact, the platform and powertrain are all Mercedes derived, and you can get a very similar car to the QX30 with the Mercedes GLA 250. But there's more. It features a nicely crafted cabin, more refined driving dynamics and is offered in a number of different variants that will surely appeal to luxury buyers.

Infiniti wants customers to think of the QX30 as a whole family of vehicles. That's because it is offering three versions of it: the base QX30, the QX30 Sport and the QX30 AWD.

One of the bigger complaints we had with the Mercedes GLA is the amount of rear seat space for passengers. Sadly, the QX30 offers even less passenger volume than the GLA, but provides more cargo room. This is more than the Lexus NX, BMW X1 and Audi Q3. Despite being called a crossover, the QX30 and QX30 AWD are actually lower in height than most of those aforementioned cars. Only the GLA 250 is lower than the QX30 AWD, by 0.2 of an inch.

Competing with such cars as the BMW X1, Audi Q3, Lexus NX and Mercedes GLA isn't easy, but a low price tag, several available models and attractive styling will help Infiniti move units. And once you drive a QX30, things get more impressive.

Unlike the GLA it has so much in common with, the QX30 feels far more refined, particularly in regards to the powertrain. Where we found the seven-speed dual clutch to be lazy and jerky in the GLA, the QX30 felt much more normal in comparison.

The engine is quick enough and you won't be wanting much more power, although high-speed passes will take a little extra planning. The thrust of the turbo is pretty good, although the QX30 AWD felt a little less sprightly off the line. I'd chalk that up to extra weight, as the all-wheel drive adds a lot of weight of the car. Still, the porkiest version of this vehicle (QX30 AWD with the Premium package) weighs under 1,588 kilograms, meaning the engine should be quite efficient.

The ride quality is top notch. It's smooth, confident and reminds me of the bigger vehicles Infiniti offers.

THE CHECKLIST | 2017 INFINITI QX30

THE BASICS
Engine: 2.0-litre turbocharged four-cylinder
Power: 208 horsepower and 258 lb-ft of torque
Transmission: Seven-speed dual clutch automatic
Fuel Economy: TBD
Pricing: Expect it to start at in the mid-$30K, U.S.



LOVE IT
- Refined
- Stylish
- Nice Interior

LEAVE IT
- Cramped rear seat
- Noise
- Low height for a crossover

CAR CARE

Are you being a goon if you use the wrong gas in your vehicle?



Sami Haj-Assaad
AutoGuide.com

Does your car need regular fuel or premium? Gas or diesel? What happens if you put the wrong fuel into your car?

The results vary wildly from case to case, but you need to be careful and be aware of what effects your actions might have.

What happens when you put diesel in a gas car?

Due to the different nozzles used for gas and diesel fuel at stations, it's usually hard to mix them up, but mistakes do happen.

If you realized your mistake, the important thing is to stop driving the car. Parking and turning off the engine will limit the damage. Otherwise, the car will use up the remainder of the gas in the tank and eventually shut down, since gas engines can't combust diesel.

What you need to do is drain the tank and fuel lines, fuel rails and injectors of the diesel fuel. You can try to do this yourself, but a mechanic is better. Usually, there's no permanent damage, but this kind of fix can cost anywhere between $500 and $1,000 US plus the cost of a tow to the closest mechanic.

How about gas in a diesel car?

Going the other way around is far more harmful and dangerous for your car. Diesel is not only a fuel, but serves as a lubricant as well, so you can really damage the fuel-injector pump by using gasoline instead of diesel.

That's not the only thing that can go wrong. Diesel and gasoline have different combustion properties, meaning gas would detonate much earlier in a diesel engine, resulting in misfires and knocking that will require certain parts of the engine to be repaired, rebuilt or replaced.

If you accidentally put diesel into your gas-powered car, stop running the engine immediately and get a tow to a mechanic, where they will drain and clean your system.

Premium fuel in a car that doesn't need it?

Sorry to burst your bubble, but nothing significant will happen.

In some cases, like while towing or in hot, dry weather you might see a slight benefit, but due to the engine computers adjusting their timing automatically to compensate for the increased octane levels, no damage or noticeable benefits will occur.

Regular gas in a car that needs premium?

Using lower octane fuel in a car that calls for premium can cause serious damage to your vehicle.

You'll likely notice the spark knock, which is best described as a sort of a high-pitched pinging or rattling noise.

Fortunately, the engine computers can adjust timing to limit damage caused, but you'll notice reduced performance and poor fuel economy.

Switch back to premium as soon as you can.

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metro SPORTS

Mother Nature will no longer be a problem at the U.S. Open now that the new retractable roof is up and running over Arthur Ashe Stadium

Semenya at heart of intersex debate

ROAD TO Rio
Testosterone question

South African runner able to compete but cases roll on



Caster Semenya races to victory in the women's 800-metre final during the Doha IAAF Diamond League 2016 meeting at Qatar Sports Club in May. The South African runner's intersex condition has created controversy and challenged the sex divide in sports. WARREN LITTLE/GETTY IMAGES

It seems the sports world just doesn't know what to do with an athlete like Caster Semenya. The South African runner, and others like her, may present one of the greatest dilemmas for the perception of fairness in sports.

Athletes like Semenya with intersex conditions — those that don't conform to standard definitions of male or female — debunk any presumption that everyone fits neatly into those definitive categories in sports.

According to sports scientist Ross Tucker, "the biology isn't quite as simple as that."

Semenya's story is well-known. As an 18-year-old newcomer at the 2009 world championships, she dominated the best women's 800-metre runners. The gap between her and the defending world champion, who finished second, was astounding. Semenya celebrated by showing off her bicep muscles, stoking a controversy sparked hours earlier by revelations that she had undergone sex verification tests.

She was later sidelined for 11 months by world track's governing body, the IAAF, and was only cleared to run again in 2010. She returned and won a silver medal in the 800 at the 2012 Olympics. Now 25 and the favourite for gold at the Rio Olympics, Semenya has been pursued by gender questions. But her case has never been about a man masquerading as a woman.

Semenya is a woman because she says she's a woman, was legally recognized at birth as female, treated as female, and identified as female. Nobody can dictate to Semenya what gender she is. But since the 1950s, track and field has conducted sex testing to protect women's competitions, initially using basic anatomy tests, and later chromosomes. The tests didn't work.

Sex testing in sports should be about preventing an unfair advantage and, therefore, not about genitalia or chromosomes, which don't make athletes run faster, jump higher or throw farther. What does, according to the IAAF, is testosterone.

The IAAF says testosterone is the most significant factor in athletic performance. Men, generally, have more testosterone than women. In 2011, the IAAF officially drew a line between men and women in terms of testosterone. The issue it sought to resolve was hyperandrogenism — high levels of naturally occurring testosterone in some women that apparently gave them a competitive advantage.

Tucker said research conducted by the IAAF showed six women with intersex conditions competed at the 2011 world championships. Joanna Harper, an expert on gender in sports and a consultant to the IAAF, thinks two female medallists at this year's indoor world championships are probably intersex, and estimated 5-10 intersex athletes will compete in track and field at the Rio Olympics.

Six years after Semenya was subjected to the IAAF tests, the lid was lifted on her situation in 2015. That's when Indian sprinter Dutee Chand went to the Court of Arbitration for Sport — the highest court in world sports — and challenged the IAAF rules that regulated testosterone in hyperandrogenic women.

The case forced the IAAF to publicly defend its rules that for hyperandrogenic women to be eligible to compete as women, their testosterone levels must be below a certain mark. It came down to a tiny measurement: how many nanomoles — a billionth of a mole — of testosterone a woman had per litre of blood. It couldn't be 10 nanomoles or more per litre, roughly the lower end of the male range. If it was 10 or higher, it had to be lowered. Harper said the testosterone levels of these hyperandrogenic women could be lowered either through the removal of internal testes or with hormone-suppressing medication.

> **They are fully in keeping with the Olympic spirit.**
> Former Olympic runner Bruce Kidd

Former Olympic runner Bruce Kidd, a professor of physical education and an adviser to Chand, opposes the testosterone-limiting rule. He argues that the testosterone is natural in these women, and although men produce more of it, "there is nothing to say that testosterone is a male hormone."

"Dutee and Caster are (competing) with their own chemicals," Kidd said. "They are fully in keeping with the Olympic spirit of being true to yourself and playing without doping. So why are they being castigated for that? I think it is so unfair."

Significantly, the IAAF accepted that its rules were basically discriminatory but were devised in search of a greater justice: fairness for women's track and field. Chand — and by default, Semenya — won an interim decision last year in the Court of Arbitration for Sport case, but on a different reasoning. The IAAF didn't have definitive evidence to show how much of an advantage the extra testosterone gave hyperandrogenic women. CAS gave the IAAF until July 2017 to provide the evidence needed to reinstate the rule, which won't be in place in Rio. THE ASSOCIATED PRESS

SAFE LANDING

Brazil welcomes Canadian athletes

Saskatoon's Gavin Schmitt, a six-foot-10 volleyball player, says his bed in the Olympic athletes' village is long enough and fits him just fine.



Gavin Schmitt GETTY IMAGES

Canada's athletes joined those from Angola, Malaysia and Figi in a welcoming party for the four countries at the village just outside the Barra Olympic Park on the west side of Rio. They were entertained with dancing and song.

Water leaks, exposed electrical wires and inadequate plumbing delayed Australia's move into the village last week.

But Schmitt and others in the Canadian contingent of 314 athletes say they have light, hot water, functioning toilets and good food in the village.

The opening ceremonies are Friday but Canada starts competing Wednesday when the women's soccer team faces Australia in a preliminary-round match. THE CANADIAN PRESS

OLYMPICS IN BRIEF

Japan athlete escapes whopping Pokémon Go bill

Japanese Olympic gymnast Kohei Uchimura may be a record six-time world champion, but he won't be encountering much success in his Pokémon Go efforts after running up a huge roaming bill in Rio.

Uchimura was stunned to receive a 500,000 yen ($4,900 US) mobile bill after playing the popular augmented-reality game. Thankfully for him, his Japanese carrier service agreed to reduce his bill to a 3,000 yen ($30) daily all-you-can-use contract. Uchimura is the reigning gold medallist in the men's all-around competition. THE ASSOCIATED PRESS

IOC blames anti-doping officials for tainting games

IOC president Thomas Bach lashed out Tuesday against those calling for the "nuclear option"' — a complete ban on Russian athletes from the Rio de Janeiro Games — as he and other members blamed global anti-doping officials for a scandal that has rattled the Olympic movement.

Bach opened the IOC's three-day general assembly by seeking formal backing of the members for the executive board's handling of the Russian doping scandal. After a debate lasting more than two hours, Bach asked for a show of hands, and only one of the 85 members — Britain's Adam Pengilly — voted against his position. THE ASSOCIATED PRESS

NHL

Woman says Sabres' Kane attacked her

A 21-year-old Buffalo woman has sued Sabres forward Evander Kane, saying he seriously injured her in the hotel room where he lives.

Documents filed July 1 in Erie County State Supreme on behalf of Rachel Kuechle Court say Kane met her in a bar, invited her to what he said was a party and then attacked her, causing cuts and bleeding that required multiple surgeries.

Without providing details of how she was injured, her lawyers said Kuechle suffered "serious emotional trauma" and "serious, permanent and painful personal injuries."

Kane's actions are described as "unwanted, unconsented to, violent and offensive in nature physical battery," according to court papers.

No monetary damages were specified in the lawsuit. A message left for Kuechle's lawyer wasn't immediately returned.

Kane had been cleared in March of any criminal charges after authorities investigated the Dec. 27 encounter initially described as a possible sexual assault. THE ASSOCIATED PRESS

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RECIPE Fresh Salmon Burgers



PHOTO: MAYA VISNYEI



Ceri Marsh & Laura Keogh
For Metro Canada

This gourmet burger is a healthy twist on the summer staple. Big chunks of fresh salmon make it satisfying, yet surprisingly easy to make.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 1 1/2 lb fresh salmon filet
- 1 clove garlic, minced
- 1 Tbsp ginger, minced
- 4 scallions, sliced
- 1/2 tsp salt
- 2 Tbsp sesame oil
- 1 egg, whisked
- 1/2 cup panko (or bread crumbs)
- 2 Tbsp vegetable oil

Directions

1. Chill your salmon for at least 15 minutes before you begin. Using a sharp chef's knife, cut away the skin (if you didn't buy skinless salmon). Chop the filets into roughly 1/2 inch dice. Do not use a food processor. You will end up with salmon paste and that's not what we're after.

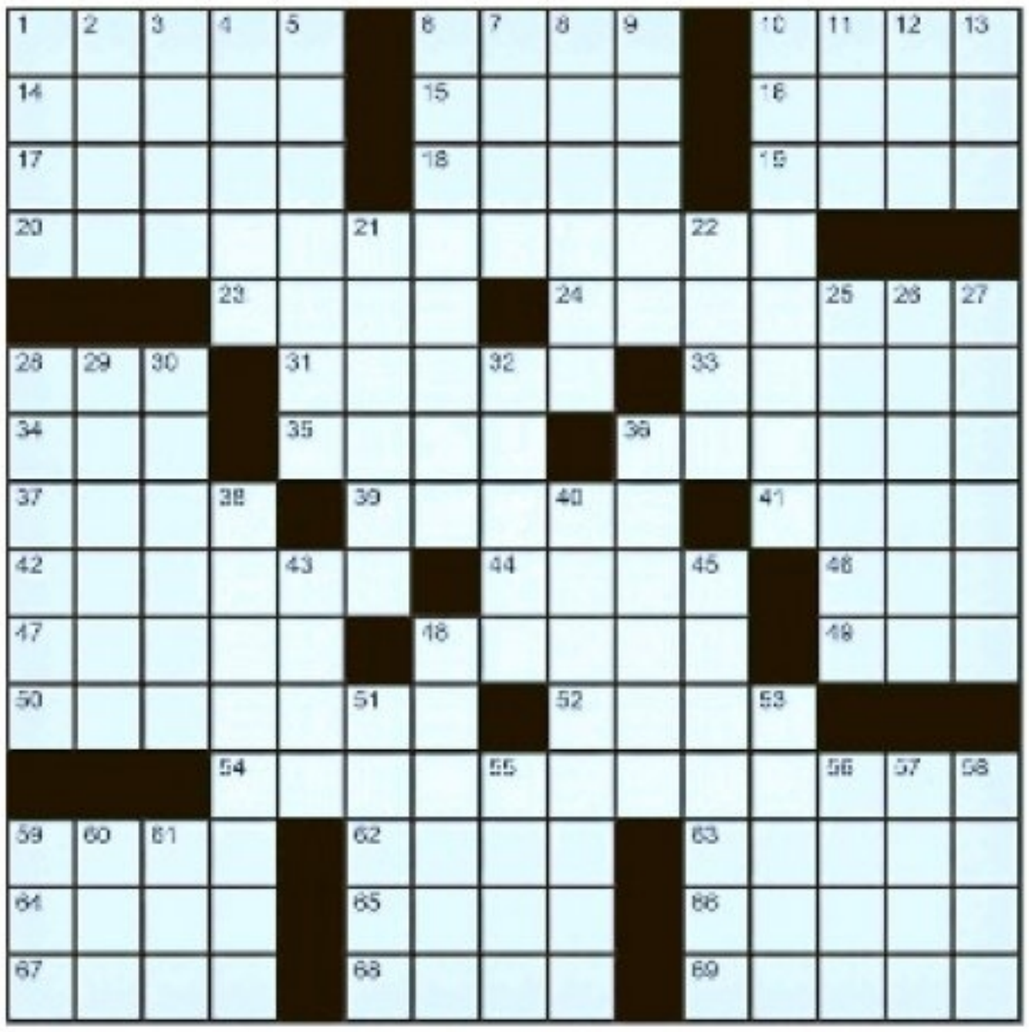
2. In a large bowl, mix together the garlic, ginger, scallions, salt, oil, egg and panko. Add your chopped salmon and mix thoroughly. Divide the mixture into four, good-sized patties.

3. Warm the vegetable oil in a large skillet over medium heat. Gently place the patties in the warm pan and cook four or five minutes, carefully turn them over and cook for another four or five minutes. Serve on a toasted bun with your favourite slaw.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Q. "Is there __ Eliza Doolittle in 'Pygmalion' by G.B.S.?" A. "Indeed."
6. Eat away at
10. Pack away
14. Aqua-denizen, with Ray
15. Oscar-winning composer Nino
16. Rum cocktail, __ Libre
17. Spoken/heard
18. Mirror __ __ House: The Autobiographies of Sean O'Casey
19. Water wader
20. "When I Get Back" is a song by this former Montreal indie duo with the 2011 album 'Sound Kapital': 2 wds.
23. Ms. Gilbert of "Roseanne"
24. TV show segment
28. "__ for two and me for..."
31. Stockpile
33. Fable's lesson
34. Carol of fashion covers
35. Joint pain site
36. Amalgamated
37. __-mucil (Fiber supplement brand)
39. __ tomatoes (Posh salad ingredients)
41. Equivalent
42. Retaliate
44. Doing word
46. Foes to yeses
47. Rocker Mr. Kravitz
48. Merle Oberon title role film of 1941
49. Summer bug
50. Certify
52. Hostels
54. Shania Twain slow song/video: 4 wds.
59. Sound system sort
62. Singe
63. __ acid
64. Mr. Rickman of reels
65. Present
66. Like green-covered cheese, variantly
67. Smelting waste
68. Stagnate
69. Authorization

DOWN
1. Nursemaid
2. __ fide (In bad faith)
3. Aware of the birthday surprise: 2 wds.
4. Diamond earring choices
5. Army private character created by cartoonist George Baker: 2 wds.
6. One pulling a displeasurable face
7. Zippo
8. Money-from-the-wall charge: acronym + wd.
9. Where to look on "Friendly Giant": 2 wds.
10. Crafts kit items
11. Bathroom feature
12. __-Wan Kenobi
13. Music producer Don
21. Particular popsicle
22. Icy layer
25. Star Wars: Princess Leia __
26. Bounced-back e-mail source, Mailer-__
27. Firstborn
28. Steamed-in-corn-husks dish
29. 7-__ (Convenience store chain)
30. Go to the party
32. Leaden
36. Sheep of Spain known for its quality fleece
38. Bothersome
40. Aristocrat's ancestry
43. Greek pita serving
45. Small fowls
48. Made the riverbanks resistant to rising waters
51. Seaweed-wrapped appetizer
53. South Pacific island group
55. Dixie Chicks hit: "Goodbye __"
56. Knavish
57. Ampersands
58. Stringed toy classic
59. Owns
60. "__ say!"
61. Flight watchdog, commonly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Parents should be vigilant about their children, because this is a mildly accident-prone day for them. Meanwhile, expect sudden invitations to fun events!

Taurus April 21 - May 21
Your home routine will be interrupted today. Perhaps small appliances will break down or minor breakages could occur. Because things are a bit willynilly, be patient with family members.

Gemini May 22 - June 21
Expect to meet a new friend. Or perhaps you will discover a new place? That's because whatever happens today will be a bit unusual, and it will happen suddenly.

Cancer June 22 - July 23
Keep your eye on your money and possessions today. Financial matters might be unpredictable. If shopping, count your change and keep your receipts.

Leo July 24 - Aug. 23
There is a lot of energy and electricity in the air today! This makes you feel independent and ready to do your own thing. You also feel impulsive!

Virgo Aug. 24 - Sept. 23
Something unexpected that occurs behind the scenes might catch you off guard today. Allow a little extra time in your day so you can cope with this.

Libra Sept. 24 - Oct. 23
A friend might surprise you today. Or perhaps, you will meet someone new who is unusual. Scheduled meetings might be cancelled or changed.

Scorpio Oct. 24 - Nov. 22
Your ambition is aroused today; however, be courteous with authority figures. Even though you have unusual ideas, wait for the right time to present them. Today might not be the day.

Sagittarius Nov. 23 - Dec. 21
Unexpected travel opportunities might fall in your lap today. Meanwhile, school schedules are subject to change. You will learn something new and unusual.

Capricorn Dec. 22 - Jan. 20
Matters related to shared property, inheritances and debt will hold some surprises for you today. Make sure you know what's going on. Check your bank account.

Aquarius Jan. 21 - Feb. 19
Feelings of independence might boomerang today, because partners and close friends will react to you. Possibly they want more freedom! (And so it goes.)

Pisces
Feb. 20 - March 20
Your job routine will not be predictable today. Computer glitches and difficulties with machinery might create delays. Changes in personnel also make this an unpredictable day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	7			5			1	
5		9			6			7
				8			5	
	3		8		9			
2		1		7		8		4
			1		4		7	
	5			9				
4			3			5		1
	8			1			4	

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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5	1	6	7	9	8	4	3	2
7	3	8	6	2	4	9	1	5
2	9	4	1	3	5	8	7	6
6	2	1	4	8	9	7	5	3
8	5	9	3	1	7	2	6	4
4	7	3	5	6	2	1	8	9
9	6	2	8	7	3	5	4	1
3	8	5	2	4	1	6	9	7
1	4	7	9	5	6	3	2	8

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